

# Marion County Extension Newsletter

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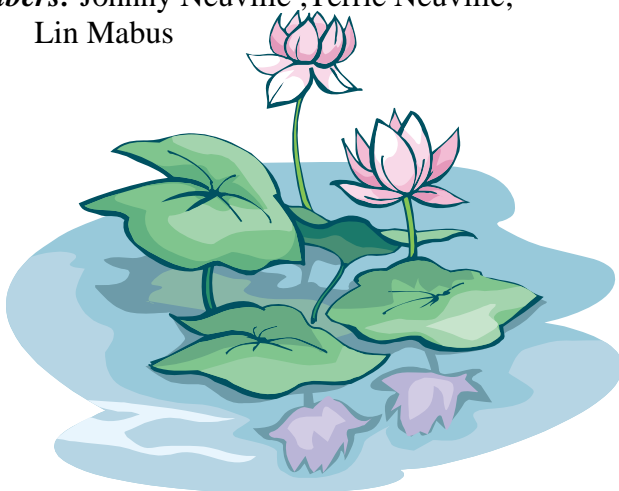
## **Agriculture Programs Committee**

**President:** Cindy McNeely

**Vice-President/Treasurer:** Ray Lewis

**Secretary:** Jane McBride

**Members:** Johnny Neuville ;Terrie Neuville;  
Lin Mabus



## **Topics Covered:**

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## From the Garden

It's the time of year to plant vegetable gardens. Birds are singing and the end of winter is upon us. The average frost date for our area is March 15, and could arrive later this year. Planting vegetables early in March may require some protection from a late frost by covering plants.

Vegetable Plants for March and April in our area:

Beans, bush, pole, lima

Beets

Chard, Swiss

Cucumber

Corn

Egg Plant 4/1 - 4/15

Muskmelon (Cantaloupe)

Southern Peas 4/15 - 6/1

Southern Pepper 4/1 - 4/15

Sweet Potato Slips 4/1 - 5/15

Pumpkin 4/1 - 5/15

Radish

Squash

Tomato

Watermelon

Watermelon (seedless) 3/25 - 5/1

Wishing you the best growing season this year. Late rains have helped our parched soils. We are now a couple of inches behind and hope to catch up in March.



March 1, 2009



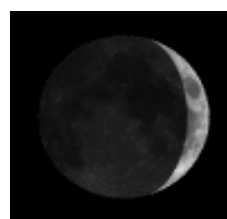
March 15, 2009



March 25, 2009



March 31, 2009



April 10, 2009



## ***Reflections***

### **Beef Committee Formed**

On January 27, 2009 cattle of Marion County Formed a committee to discuss beef cattle issues here at home. This Committee has met twice and will have their first program on May 19, 2009. We will have a representative from the Southwest Cattle Raisers..Jim Vanover. Texas AgriLIFE Extension Economic Specialist Dr. Greg Clary, will give talk on economics of the beef industry from pasture to retail markets. The Texas Beef Council will be on hand to talk about the beef check off. There will be other speakers for CEU hours at this program.

### **Cypress Basin Chapter of Texas Master Naturalist**



Master Naturalist chapter has made excellent progress for this year. We are on the second month and the chapter has learned about climates of the world and Texas, Historical aspects of the Cypress Basin, Caddo Indian culture, Volunteers as teachers, Ecology of the Basin, How things get their scientific names, and much more. The group has taken field trips to see the Trammel's trace and learned about the Paddle Fish Restoration project on the Big Cypress. There is still time to get into this class if you are interested in

become a recognized Texas Master Naturalist. Contact Brad Bailey (903- 767-1676) or the Marion County Extension office at (903-665-2421).

### **Building Communities**

As we move through the new Building Communities Series, the sessions seem to be more and more related to our area. The session in January discussed Sustainability and Comprehensive Planning and how companies should be planning to conserve energy in the foreseeable future. It offered examples and identified various businesses, schools and other public facilities that were in the process of changing out old heating, cooling and lighting practices and adding the new processes that would make them go green or conserve energy across the United States. In February the session related to how those efforts were being funded and how cities had applied to become models using our tax dollars to improve their cities, schools and other entities to create a model that could be used by other cities to save those hard to come by dollars to pay for the cost of energy. The March 17 session will discuss "Green Collar Jobs: Sustainable Work in a Low Carbon World" and we invite the public in to learn about futuristic jobs and what it will mean to our East Texas Area. The sessions are held at the Cypress Valley Education Center from 11:30 am until 12:30 pm. every third Tuesday.

For more information, contact the Marion County Extension office at 903-665-2421.

## **AARP/ Diabetes Valentines Celebration Termed Successful**

More than 40 seniors turned out to once again celebrate with Don Oatman and Dan Smelser to hear a rendition of love songs combined with favorite songs and information on Black History. Local resident George Smith also joined the



AARP officers were also installed by County Agent Brock Fry. President: Mrs. Letha Northcutt, V.P. Rev. Eugene Murphy, Sec. Mrs. Arcolia Jenkins, Asst Sec: John Cooper, Treasurer: Mrs. Jean Roquemore



Added to this years activities for the valentines dance were games and other activities. 4-H'er Tyler Foster teaches those attending the new Wii game and the winner was Ms. Pearl Coleman.



The AARP/Diabetes group is a combination of seniors from the two groups that host a combination of educational programs of interest to the members and in line with the calendar of the AARP organization.

## For Your Health

In a recent article published by the University of Nebraska Extension of Lancaster County, the following information was given by Dr. Alice Henneman, MS, RD

### 13 Fun Ways to Eat More Fruits and Vegetables



When you look at your lunch and dinner meals, do you see an amount of fruits and veggies equal to about half your plate? Did you have a fruit or veggie for breakfast? And maybe include one as part of a snack?

Most of us know we should eat more fruits and veggies; most of us don't eat enough. Here are 13 fun ways to eat more fruits and vegetables!

"Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases and certain cancers," according to the Centers for Disease Control and Prevention.

(NOTE: If you'd like to calculate the specific fruit and vegetable recommendation for your age, sex and activity level, go to [www.fruitsandveggiesmatter](http://www.fruitsandveggiesmatter)

- Stir Chopped vegetables and /or fruit into cold rice and mix with salad dressing for a super side dish. An oil and vinegar dressing mixes well with vegetables while a sweeter dressing, such as poppy seed dressing, goes well with fruit.
- Give your morning oatmeal a quick hit of fruit by tossing in some frozen blueberries or raspberries directly from the package.
- Make a quick parfait by layering yogurt, low-fat granola and fruit in whatever proportions you'd like.
- Make a dip by mixing ¼ cup of peanut butter, 2 tablespoons orange juice and ½ cup low fat vanilla yogurt. Serve with fresh apples, pears, carrot sticks and /or celery sticks.
- Add veggies (such as cucumbers, lettuce, tomatoes, peppers, mashed avocado, onion, etc.) to a cheese or meat sandwich.
- Serve strips of lean meat as part of a main dish salad loaded with veggies and /or fruit.
- Toss extra frozen veggies into the pot when making canned soups. When possible, choose soups with less sodium.
- Rather than making a tuna salad sandwich, serve a scoop of tuna salad atop tomato slices.
- Add extra veggies such as thawed frozen peas and /or thinly sliced carrot coins to your potato salad..
- Mix some veggies with your pasta for added pizzazz.
- Freeze 100% fruit juice (orange, apple, pineapple and grape) in Popsicle molds.

- Instead of a big dish of ice cream topped by fruit, enjoy a bowl of fruit capped with a small scoop of ice cream.
- Blend a cup of small pieces of frozen fruit,  $\frac{3}{4}$  cup of juice and a half cup of vanilla or other flavored yogurt for a quick smoothie.

### Health Tip

According to data published in the March/April "Arthritis Today" magazine (p52), the old tale that Joints can be a predictor of weather has some merit. Research from Tufts University in Boston found that changes in temperature or barometric pressure (a measure that refers to the weight of the surrounding air) triggers joint pain. The researchers reported that a 10 degree drop in temperature corresponded with an incremental increase in arthritis pain. Increasing the pressure was also found to be a trigger in the study.

Scientist at the University of Georgia in Athens and Emory University in Atlanta found the visits to the emergency room spiked after thunderstorms and Migraine Headaches may also be affected by weather patterns.

### Competition Time:

This year one of the contest at the Marion County Fair will be a Watermelon growing contest. Get your seed and start early. Photos of the growing stages will improve your chances of proving you have the largest ever to be grown in Marion County in the year of 2009. More rules will be published as farmers interested call in to 903-665-2421 to register that they will be taking a shot at the contest. Registration is important. It's going to be a fun contest. The fair is set for October 24<sup>th</sup>, 2009.

If you are interested in the Beef Spring newsletter please contact the Extension Office. It is available now.

### Upcoming events

#### **4 - H RABIES VACCINATION CLINIC SCHEDULE – 2009**

##### **Friday, April 17, 2009 West end of Marion County**

12:30 pm - 1:15 pm Academy Health Store, FM 728 Call a neighbor,  
 1:30 pm - 2:30 pm Emmanuel Baptist Church, FM 729 call a friend.  
 2:45 pm - 3:45 pm Crestwood Fire Station, FM 729 Let's get as many  
 4:05 pm - 4:40 pm South Shore Fire Station animals vaccinated  
 5:00 pm - 5:40 pm Intersection FM 726/FM 3001 (end of dam) as we can.  
 6:00 pm - 7:30 pm Kelly Park Community Center

##### **Saturday, April 18, 2009 East end of Marion County**

8:30 am - 9:30 am Gray Corner, FM 727  
 9:45 am - 10:30 am Pic 'n' Pay Grocery, Hwys 49 & 43  
 10:45 am - 11:30 am Intersection Hwy 49/FM 805  
 12:00 pm - 1:30 pm LUNCH BREAK  
 1:45 pm - 2:30 pm New Prospect Baptist Church, Hwy 59  
 2:45 pm - 3:30 pm East Texas Farm & Ranch Store, Jefferson

*Brock Fry*  
 CEA-AG/NR

*Paulette Cooper*  
 EA-CEP

***April 30, 2009***

Marion/Cass Farm Pond Management Workshop

To R.S.V.P. and get more information

Contact the Cass County Extension office at Phone: 903-756-5391

***May 19, 2009***

Cattle Raiser's Meeting

Kelly Park Community Center

Free Meal and 1 CEU credit will be given

To R.S.V.P. Contact the Marion County Extension office at phone: 903-665-2421

Published By:

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***"Improving Lives. Improving Texas."***